

INNER CHILD POTENTIAL

England & Wales · Charity number 1186031

Details

Status Registered

Legal form CIO

Registered 2019-10-29

Register [View on the Charity Commission register](#)

Contact

Address Centre 88
Saner Street
Hull
HU3 2TR

Phone 07952624552

Email psicp@outlook.com

Website innerchildpotential.weebly.com

Activities

Objects: TO RELIEVE THE MENTAL AND PHYSICALLY RELATED SICKNESS OF PERSONS RESIDENT IN HULL AND EAST YORKSHIRE SUFFERING FROM ABUSE AND TRAUMA BY THE PROVISION OF COUNSELLING AND SUPPORT FOR SUCH PERSONS.

Activities: Offer counselling and psychotherapy to adult survivors or child abuse and trauma. Education and training courses are available for those working with child abuse and trauma

Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, Disability, Other Charitable Purposes
- **Who:** Elderly/old People, People With Disabilities, Other Defined Groups

Geography

- East Riding Of Yorkshire
- Kingston Upon Hull City

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£270	£465	-	-
2024-03-31	£955	£920	-	-
2023-03-31	£1,195	£1,100	-	-
2022-03-31	£925	£1,000	-	-
2021-03-31	£8,510	£3,369	-	-

Trustees

Name	Role	Appointed
Paula Jayne Smythe	Chair	2019-10-29
Diane May Green		2019-10-29
Helen Yvonne Sleight		2019-10-29

INNER CHILD POTENTIAL

England & Wales - Charity number 1186031

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2024		Day 31	Month 03	Year 2025

Section A Reference and administration details

Charity name

Inner Child Potential

Other names charity is known by

Registered charity number (if any)

1186031

Charity's principal address

Centre 88
 Saner Street, Anlaby Road
 Hull
Postcode HU3 2TR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Paula Smythe			
2	Diane Green			
3	Helen Sleight			
4				
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the mental and physically related sickness of persons resident in Hull and East Yorkshire suffering from abuse and trauma by the provision of counselling and support for such persons

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Counselling and psychotherapy, telephone, video call, in person support. Provision of additional welfare calls for those experiencing severe reactions to trauma. This is not a crisis service and therefore referrals are made where appropriate to crisis team.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Continued to work remotely mostly, since the pandemic. The number of people seen has been reduced, and although trained some additional volunteers, they have not worked well for the charity. Despite these problems a few more people have been seen face to face. Additional clients have been seen, however the waiting list has had to be closed.

Additional support for those with complex needs was further increased. A few more people with severe mental health conditions have been seen face to face.

The charity has been struggling since covid – and there has been a problem engaging the right volunteers. Despite this, services are still being offered, albeit at a reduced level.

Closure of the charity will be on the agenda due to lack of appropriate standards of several volunteers.

Section E

Financial review

Brief statement of the charity's policy on reserves

No fundraising although donations have been received, there are no current reserves

Details of any funds materially in deficit

Rent

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income has been from donations.
More training needs to be organised.

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>PSmythe</i>	DGreen
Full name(s)	Paula Smythe	Diane Green
Position (eg Secretary, Chair, etc)		
Date	31/03/2025	

Accounts Apr 22-Mar 23

Date	Opening balance	Money in	Money in details	Spending £	Spending details
1.4.22	£5,065.68				
12.4.22		£30.00	donation		
19.4.22		£30.00	donation		
9.5.22		£100.00	donation		
12.5.22		£10.00	donation		
27.5.22		£10.00	donation		
20.6.22		£65.00	training fee		
21.6.22		£65.00	training fee		
1.7.22		£100.00	donation		
21.11.22		£110.00	donation		
15.12.22		£195.00	3 x training fees		
28.12.22		£200.00	donation		
6.1.23		£150.00	cash donation		
12.1.23				£1,100.00	rent
27.3.23		£130.00	2 x training fees		
	£5,065.68	£1,195.00		-£1,100.00	rent

pre-covid proposal

Money due out Money Due in

£5,160.68

-£7,833.28

-£2,672.60

£5,000.00

Accounts Apr 24-Mar 25

Date	Opening bal	Money in	Money in d	Spending £	Spending c	Money due o
1.4.24	£5,195.68					
20.5.24				£195.0	CVS rent	
28.5.24		£100.00	donation			
9.7.24				£100.00	CVS rent	
9.12.24		£120.00	donation			
31.1.25		£50.00	donation			
31.3.25				£170.00	CVS rent	
	£5,195.68	£270.00		-£465.00		£5,000.68
						£5,000.00
						£14,678.28
			balance	£5,000.68		
			Minus			
			Rent due	£14,678.28		
				-£9,677.60		

Money Due in

CVS Rent

INNER CHILD POTENTIAL

England & Wales - Charity number 1186031

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2023		Day 31	Month 03	Year 2024

Section A Reference and administration details

Charity name

Inner Child Potential

Other names charity is known by

Registered charity number (if any)

1186031

Charity's principal address

Centre 88
 Saner Street, Anlaby Road
 Hull
Postcode HU3 2TR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Paula Smythe			
2	Diane Green			
3	Helen Sleight			
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20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the mental and physically related sickness of persons resident in Hull and East Yorkshire suffering from abuse and trauma by the provision of counselling and support for such persons

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Counselling and psychotherapy, telephone, video call, in person support.
Provision of additional welfare calls for those experiencing severe reactions to the pandemic – which increased trauma responses of those already struggling.
Trauma training of additional volunteers to reduce waiting times.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Continued to work remotely mostly, due to the pandemic. The number of people seen has been reduced, and although trained some additional volunteers, they have not worked well for the charity. Despite these problems a few more people have been seen face to face.

Small training groups were organised which included people who were not looking to volunteer.

Additional clients have been seen, however the waiting list has had to be closed.

Additional support for those with complex needs was further increased. A few more people with severe mental health conditions have been seen face to face.

The charity has been struggling since covid – and there has been a problem engaging the right volunteers. Despite this, services are still being offered.

Section E

Financial review

Brief statement of the charity's policy on reserves

Fundraising cancelled due to the pandemic, there are no current reserves

Details of any funds materially in deficit

Rent

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income has been from donations and small training groups. Funding was received from Police Crime Commissioners Office for a pilot project, this project has had to be shelved due to lack of availability of volunteers. This project is not feasible at this time. More training needs to be organised, as generally this is the main source of income, which was on hold originally due to the pandemic, but is still very restricted.

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>PSmythe</i>	DGreen
Full name(s)	Paula Smythe	Diane Green
Position (eg Secretary, Chair, etc)		
Date	31/03/2024	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Inner Child Potential

1186031

Receipts and payments accounts

CC16a

For the period from	01/04/2023	To	31/03/2024
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	400	-	-	400	-
Training fees	555	-	-	555	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	955	-	-	955	5,160
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	955	-	-	955	5,160
A3 Payments					
Room rental	920	-	-	920	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	920	-	-	920	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	920	-	-	920	-
Net of receipts/(payments)	35	-	-	35	5,160
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	35	-	-	35	5,195

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Rent		11,963	asap
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	<i>PJSmythe</i>	P J Smythe	26.1.25

INNER CHILD POTENTIAL

England & Wales - Charity number 1186031

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2022		Day 31	Month 03	Year 2023

Section A Reference and administration details

Charity name

Inner Child Potential

Other names charity is known by

Registered charity number (if any)

1186031

Charity's principal address

Centre 88
 Saner Street, Anlaby Road
 Hull
Postcode HU3 2TR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Paula Smythe			
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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the mental and physically related sickness of persons resident in Hull and East Yorkshire suffering from abuse and trauma by the provision of counselling and support for such persons

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Counselling and psychotherapy, telephone, video call, in person support.
Provision of additional welfare calls for those experiencing severe reactions to the pandemic – which increased trauma responses of those already struggling.
Trauma training of additional volunteers to reduce waiting times.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Summary of the main achievements of the charity during the year

Continued to work remotely due to the pandemic. Increased the number of people seen, and trained some additional volunteers. Due to the continued risks, very small training groups were organised to ensure distancing still possible. The new volunteers set up secure accounts. As the pandemic progressed, additional clients have been seen, with the new ways of working being updated as needed. Additional support for those with complex needs was further increased. A few with severe mental health conditions have been seen face to face, with strict cleaning / disinfecting of space used.

Section E

Financial review

Brief statement of the charity's policy on reserves

Fundraising cancelled due to the pandemic, there are no current reserves

Details of any funds materially in deficit

Rent

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income has been from donations and small training groups. Funding was received from Police Crime Commissioners Office for a pilot project, this project has had to be shelved due to lack of availability of volunteers. This project is not feasible at this time. More training needs to be organised, as generally this is the main source of income, which was on hold originally due to the pandemic, but is still very restricted.

Section F

Other optional information

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Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	<i>PSmythe</i>	DGreen
Full name(s)	Paula Smythe	Diane Green
Position (eg Secretary, Chair, etc)		
Date	31/03/2023	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Inner Child Potential 1186031

Receipts and payments accounts

CC16a

For the period from	01/04/2022	To	31/03/2023
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	740	-	-	740	-
Training fees	455	-	-	455	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	1,195	-	-	1,195	5,140
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	1,195	-	-	1,195	5,140
A3 Payments					
Room rental	1,100	-	-	1,100	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total	1,100	-	-	1,100	-
A4 Asset and investment purchases. (see table)					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total payments	1,100	-	-	1,100	-
Net of receipts/(payments)	95	-	-	95	5,140
A5 Transfers between funds	-	-	-	-	-
A6 Cash funds last year end	-	-	-	-	-
Cash funds this year end	95	-	-	95	5,065

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds		-	-	-
		-	-	-
		-	-	-
	Total cash funds	-	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK	OK

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-
		-	-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-
			-	-

Categories	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	Rent		7,833	asap
			-	
			-	
			-	
			-	

Signed by one or two trustees on behalf of all the trustees	Signature	Print Name	Date of approval
	<i>PJSmythe</i>	P J Smythe	22.1.24

INNER CHILD POTENTIAL

England & Wales - Charity number 1186031

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 01	Month 04	Year 2021		Day 31	Month 03	Year 2022

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Charity name Inner Child Potential

Other names charity is known by

Registered charity number (if any) 1186031

Charity's principal address
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Names of the charity trustees who manage the charity

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Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

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Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
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Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Counselling and psychotherapy, telephone, video call, in person support.
Provision of additional welfare calls for those experiencing severe reactions to the pandemic - which increased trauma responses of those already struggling.
Trauma training of additional volunteers to reduce waiting times.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Continued to work remotely due to the pandemic. Increased the number of people seen, and trained some additional volunteers. Due to the continued risks, very small training groups were organised to ensure distancing still possible. The new volunteers set up secure accounts. As the pandemic has progressed, additional clients have been seen, with the new ways of working being updated as needed. Additional support for those with complex needs was further increased. A few with severe mental health conditions have been seen face to face, with strict cleaning / disinfecting of space used.

Section E

Financial review

Brief statement of the charity's policy on reserves

Fundraising cancelled due to the pandemic, there are no current reserves

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Income has been from donations and small training groups. Funding was received from Police Crime Commissioners Office for a pilot project, but this money has been held until covid risks are no longer prevalent. Decisions need to be made as to whether this project is still feasible, or whether the project needs to be cancelled and money returned. More training needs to be organised, as generally this is the main source of income, which was on hold originally due to the pandemic, but is still very restricted.

Section F Other optional information

[Empty box for optional information]

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	PJSmythe	DGreen
Full name(s)	Paula Smythe	Diane Green
Position (eg Secretary, Chair, etc)		
Date	31/03/2022	



Receipts and payments accounts

For the period from	4/1/2021	To	3/31/2022
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	205		-	205
Training fees	720		-	720
	-		-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	925	-	-	925
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	925	-	-	925
A3 Payments				
Room rental	1,000	-	-	1,000
		-	-	-
		-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	1,000	-	-	1,000
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	1,000	-	-	1,000
Net of receipts/(payments)	- 75	-	-	- 75
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	75	-	-	75

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	OK

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities	Rent		5,000
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
PJSmythe	P J Smythe

CC16a



Last year
to the nearest £

-
-
-
-
-
-
-
-
-
5,140

-
-
-

5,140

-
-
-
-
-
-
-
-
-
-
-
-

-
-
-

-

5,140

-

-

5,065



Endowment funds
to nearest £

-
-
-
-

OK

Endowment funds
to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

asap

Date of approval

22.1.23

INNER CHILD POTENTIAL

England & Wales - Charity number 1186031

Accounts



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	Day 29	Month 10	Year 2019		Day 31	Month 03	Year 2021

Section A Reference and administration details

Charity name	Inner Child Potential
Other names charity is known by	
Registered charity number (if any)	1186031
Charity's principal address	Centre 88 Saner Street, Anlaby Road Hull Postcode HU3 2TR

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Paula Smythe			
2	Diane Green			
3	Helen Sleight			
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

--	--	--

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

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Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	Elected by

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

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Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

To relieve the mental and physically related sickness of persons resident in Hull and East Yorkshire suffering from abuse and trauma by the provision of counselling and support for such persons

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

Counselling and psychotherapy, telephone, video call, in person support.
Provision of additional welfare calls for those experiencing severe reactions to the pandemic - which increased trauma responses of those already struggling

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

Section D

Achievements and performance

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Switched from face to face working due to the pandemic, and increased the number of people seen.
The volunteers set up secure accounts in rapid response to the pandemic, and continued to offer support to those clients already in receipt of support. As the pandemic has progressed, additional clients have been seen, with the new ways of working being updated as needed.
Additional support for those with complex needs was increased

Section E

Financial review

Brief statement of the charity's policy on reserves

Fundraising cancelled due to the pandemic, there are no current reserves

Details of any funds materially in deficit

Not applicable

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Main income has been from donations. One covid grant was received at the start of the pandemic from local council towards rent.
Funding was received from Police Crime Commissioners Office for a pilot project, but this money has been held, until covid risks are no longer prevalent

Section F Other optional information

Section G Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	PJSmythe	DGreen
Full name(s)	Paula Smythe	Diane Green
Position (eg Secretary, Chair, etc)		
Date	31/03/2021	



CHARITY COMMISSION
FOR ENGLAND AND WALES

Inner Child Potential

1186031

Receipts and payments accounts

For the period from	10/29/2019	To	3/31/2021
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £
A1 Receipts				
Donations	1,410		-	1,410
Police Crime Commissioner	-	5,000	-	5,000
Hull City Council Covid Grant (Rent)	-	2,000	-	2,000
Donation - opening of account	100	-	-	100
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total (Gross income for AR)	1,510	7,000	-	8,510
A2 Asset and investment sales, (see table).				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total receipts	1,510	7,000	-	8,510
A3 Payments				
Room rental	3,121	-	-	3,121
Costs during COVID	12	-	-	12
Training costs	236	-	-	236
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
	-	-	-	-
Sub total	3,369	-	-	3,369
A4 Asset and investment purchases, (see table)				
	-	-	-	-
	-	-	-	-
Sub total	-	-	-	-
Total payments	3,369	-	-	3,369
Net of receipts/(payments)	- 1,859	7,000	-	5,141
A5 Transfers between funds	-	-	-	-
A6 Cash funds last year end	-	-	-	-
Cash funds this year end	- 1,859	7,000	-	5,141

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B1 Cash funds		-	-
		-	-
		-	-
	Total cash funds	-	-
	(agree balances with receipts and payments account(s))	Agreement Error	Agreement Error

	Details	Unrestricted funds to nearest £	Restricted funds to nearest £
B2 Other monetary assets		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

	Details	Fund to which asset belongs	Cost (optional)
B3 Investment assets			-
			-
			-
			-
			-

	Details	Fund to which asset belongs	Cost (optional)
B4 Assets retained for the charity's own use			-
			-
			-
			-
			-
			-
			-
			-
			-

	Details	Fund to which liability relates	Amount due (optional)
B5 Liabilities			-
			-
			-
			-
			-

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name
PJSmythe	P J Smythe

CC16a



Last year
to the nearest £

-
-
-
-
-
-
-
-
-
8,410

-
-
-

8,410

-
-
-
-
-
-
-
-
-
-
-
-

-
-
-

-

8,410
-
-
8,410



Endowment funds
to nearest £

-
-
-
-

OK

Endowment funds
to nearest £

-
-
-
-
-
-

Current value (optional)

-
-
-
-
-

Current value (optional)

-
-
-
-
-
-
-
-
-

When due (optional)

Date of approval

22.1.22